



LEVEL 1

ICF-ACCREDITED
COACHING EDUCATION

VIRTUAL COACH CERTIFICATION TRAINING

Onboarding 8 October 2023



Accredited by the
International Coaching Federation (ICF)

TRAINING MODULES

The programme guides you through the ABCDE of Coaching

Awareness

Developing Self-Awareness

Module A includes various assessments and reflective practices that help you to become more aware of yourself, establish your vision, goals, and values. It aids in creating clarity and developing the confidence to make important changes in your personal and professional life; thus establishing where you are, and where you are trying to get to.

Being

The 'Being' of a Coach

Module B focuses on the 'Being' of a Coach. It entails who a coach is and establishes this as the foundation for a successful coaching profession. It reviews the role mindfulness plays in the life of a coach and also expands on the ethics and standards ICF coaches must abide by.

Competencies

Understanding Core Competencies

Module C digs deeper into the ICF core competencies of coaching. Each competency is reviewed and put into practice under various scenarios to aid an understanding of the skills and behaviors required of a professional coach.

TRAINING MODULES CONTINUED

The programme guides you through the ABCDE of Coaching

Doing

The 'Doing' of a Coach

Module D reviews and reflects on assignments and tools as you bring learnings from previous modules into real-life coaching scenarios. Here you practice one-on-one coaching and apply the fundamentals of coaching in various situations. You will have the opportunity to debrief and receive feedback from your coaching group and facilitators.

Essentials

Essentials of coaching

This final module guides you through vital aspects of coaching by leveraging on coaching practicals from Module D and explaining the core competencies learned in Module C. Here you discover the role that energy, emotion, empathy and engagement play in coaching.

GET IN TOUCH

 coaching@ez37solutions.org

 www.ezcoaching.org



UK

EZ37 UK Ltd
71-75 Shelton Street, Convent Garden
London WC2H 9JQ

NIGERIA



Lagos:
First Floor, Plot 23, Water Corporation
Drive, Victoria Island



Ibadan:
Block 3, Plot 2, Road B, Off Oba
Abimbola way, Agodi GRA



+234 812 225 3514, +234 809 788 1001